

School-Based Health Center

Homeroom to Health Care

Getting health care for your child can be tough — sometimes they miss school, or you miss work. Fortunately, your child's school has a **School-Based Health Center (SBHC)**. Here's how it can help you and your family.



SBHCs are designed to promote and improve healthier behaviors and habits, helping students:



Perform better
in school.



Have higher
graduation rates.



Get in
less trouble.



Live healthier
lives.

The Basics

With SBHCs, your child only needs to walk down the hall to get health care. SBHCs make it easier to address health issues early or prevent them. They also offer health education, but SBHCs aren't meant to replace primary care providers. Instead, they help coordinate care between students and their regular health care provider (doctor).

Services

SBHCs offer four types of services:

PHYSICAL HEALTH

- Physical exams
- Treatment for minor illnesses/injuries
- Immunizations
- Reproductive and women's health
- Substance abuse screening and referrals

MENTAL HEALTH

- Individual and group counseling
- Referrals for advanced mental health treatment

HEALTH EDUCATION

- Classes on healthy lifestyles and illness prevention
- Tobacco and alcohol cessation (stopping)

NUTRITIONAL CONSULTATION

- Nutrition and weight management classes

Services may vary by school district and need school board approval. **Please contact your local SBHC for a full list of services.**

Contact your student's school now and ask about enrollment.



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health

DEThrives.com/SBHC

SBHCs put students in a position to excel.



Staffing

Each SBHC must have a:

- Licensed advanced-practice nurse
- Physician or physician assistant
- Nutrition expert who is trained to work with school-aged children and teens
- Licensed clinical social worker, psychologist, or mental health counselor

To learn more about the staff at your SBHC, contact your child's school.



School and medical records are kept separate to ensure confidentiality.



Written parental permission is necessary for a student to receive services.



SBHCs are open at accessible times, with students' schedules in mind.



All students are eligible for services, regardless of insurance or ability to pay. There is never a co-pay, deductible, or financial responsibility for the parent if the household does not have insurance.